

NATIONAL TRAILS DAY

HON. EARL BLUMENAUER

OF OREGON

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 3, 2004

Mr. BLUMENAUER. Mr. Speaker, this Saturday, June 5, marks the American Hiking Society's 12th annual National Trails Day. This year's theme: "Trails and Health . . . A Natural Connection." More than 1 million people across the country will participate in a trail related activity in observation of this special day.

All 50 states have participated in National Trails Day, along with the District of Columbia, Puerto Rico, Guam, and the Virgin Islands. The significant role trails play in Americans' lives often goes underappreciated—nearly 70% of all Americans 16 or older participate in at least one trail-related activity on the United States' 200,000 miles of trails. The use of trails appeals to almost any individual, allowing access to nature for exercise, study, photography, camping, relaxing, and a variety of other recreational activities.

With an increased rate of obesity amongst Americans and a growing trend of sedentary lifestyles, it makes more sense than ever to take advantage of trails, which provide an excellent means for individuals to incorporate exercise into their lifestyles. I urge every member to take note of the National Trails Day events in their Congressional District and to become involved in a day that celebrates important aspects of livability—health, fitness, and the great outdoors.

TRIBUTE TO MELISSA CENTRELLA

HON. STEVEN R. ROTHMAN

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 3, 2004

Mr. ROTHMAN. Mr. Speaker, I rise today to recognize and to remember a courageous young lady from my home state of New Jersey, Ms. Melissa Anne Centrella, the only child of Claire and August Centrella. It is with great sadness that I inform you that Melissa passed away two years ago on June 4th, 2002; she was only 25 years old.

As a child, Melissa was like every young girl—she was cheerful, she loved her parents, and she greatly enjoyed dancing. However, at an early age, Melissa was diagnosed with a rare illness called Dystonia. Dystonia is a neurological disorder characterized by powerful and painful involuntary muscle spasms that cause a twisting of the body, repetitive muscle movements, and sustained postural deformities. Melissa lived with the constant pain of Dystonia for 18 years. As the years passed, Melissa's life became increasingly constrained. She was eventually confined to a wheelchair and then bedridden until she passed away from complications of this disorder.

Melissa endured many medical procedures to assess and attempt to treat her Dystonia. She suffered through a series of spinal taps, intrathecal pump implantations, and preparations for deep brain stimulation surgery. On several occasions, Melissa was overdosed with medication, leading to seizures and once, to a three-day coma. Through all the pain, she accepted her suffering with dignity and, ac-

cording to her family and friends, never once complained.

Melissa believed she was put on earth for a reason, that God had a plan for her. That reason was to be a part of the mission to find a cure for Dystonia so that no one else would have to experience the torture that she did in her short life. Many in her position would have given up, but not Melissa. She was relentless in pushing her mother, Claire, to establish the New Jersey Chapter of the Dystonia Medical Research Foundation (DMRF). Whenever Claire became depressed or overcome with distress, Melissa would gently prod her along and remind her of their shared family mission. I would like to salute Claire Centrella and her family for making such strides against Dystonia in Melissa's memory. Today, the Chapter holds many events to raise funds for Dystonia research and to promote awareness of the disorder.

Sadly, Melissa's body lost its battle with Dystonia; however, her soul continues on in her mother and with the New Jersey DMRF Chapter, whose goal is to improve the quality of life for people with Dystonia. Melissa Centrella will never be forgotten and her legacy, to find a cure for Dystonia, will be carried forth through the hard work and determination of her family and friends.

HONORING ST. LUKE'S EPISCOPAL CHURCH ON ITS 160TH ANNIVERSARY

HON. ROSA L. DeLAURO

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 3, 2004

Ms. DeLAURO. Mr. Speaker, it is with great pleasure that I rise today to join The Reverend Dr. Victor Rogers, members of the congregation, and the New Haven community in extending my sincere congratulations to the St. Luke's Episcopal Church as they celebrate its 160th Anniversary. This is a remarkable milestone for this community treasure and I am proud to help them celebrate this momentous occasion.

Our churches play a vital role in our communities—providing people with a place to turn to for comfort when they are most in need. By strengthening our bonds of faith, St. Luke's gives its members a place to find their spiritual center and to solidify and support their values. The members of the St. Luke's have also given much to the City of New Haven. Throughout the years, as their membership grew so did their commitment to the enrichment of our community.

Over the course of its history, St. Luke's has been a prominent member of our community, not only providing traditional worship services, but by offering much needed outreach programs for those most in need. From an emergency food pantry to GED classes to volunteers who care for the sick and shut-in, the clergy and congregation have worked hard to identify the problems faced by members of our community and to establish programs which will make a difference in their lives. By providing these resources, the St. Luke's Parish has touched the lives of thousands and made New Haven a better place in which to live.

For one hundred sixty years, the St. Luke's Episcopal Church has been a fixture in New

Haven. In fact, St. Luke's was recently placed on the National Register of Historic Places—a reflection of its deep roots and cultural importance. Through their ministry and outreach efforts, they have left an indelible mark on our community and continue to enrich the lives of others. I am proud to stand today and extend my very best wishes to them as they mark this milestone in their history. Happy 160th Anniversary!

IN RECOGNITION OF PAULSBORO, NEW JERSEY'S CENTENNIAL CELEBRATION

HON. ROBERT E. ANDREWS

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 3, 2004

Mr. ANDREWS. Mr. Speaker, I rise today in honor of the Centennial Celebration of the Borough of Paulsboro, New Jersey. Paulsboro has a long and colorful history, as well as a promising future of which its citizens should be quite proud.

The town of Paulsboro lies next to the Delaware River across the border from—Philadelphia, Pennsylvania. Though the Borough was officially established in 1904, the history of the region dates back many more years. Settlers first came to the Delaware River area in 1623 and, over time, Paulsboro developed into a small farming community. On March 2, 1904, Paulsboro joined with a nearby town by the name of Billingsport, and the two were together incorporated as the Borough of Paulsboro.

William Penn once said that the land that Paulsboro now sits on would never become a great industrial center because it was an island with a swamp on one side and a creek on the other. However, just before World War I, Paulsboro was selected as the location for an oil refinery. The Paulsboro Plant, which began in 1917, was designed to manufacture lubricating oil, and began the transformation of Paulsboro from a residential town into an industrial town. While the plant, which still exists today as an ExxonMobil research laboratory, is actually located in neighboring Gibbstown, it is still referred to as the Paulsboro Plant, and many of its loyal employees are residents of Paulsboro.

With a keen eye on the future, the Borough of Paulsboro is now considering a proposal for the creation of a deep-water port on the Delaware River. County officials predict that such a port could create 2,300 jobs, and generate \$100 million each year in revenues and taxes, becoming a vital component of the community's future. From its humble beginnings at the turn of the century, Paulsboro is set once again to reinvigorate and diversify our regional economy and community.

The residents of Paulsboro should be proud that their community has prospered for 100 years, an accomplishment in and of itself. The Paulsboro area has made significant cultural and economic contributions to our country throughout its history, and I am certain that there is a bright future ahead for the Borough and its citizens. Mr. Speaker, I ask that you join me in congratulating the citizens of Paulsboro, New Jersey as they celebrate 100 years of pride and accomplishment.